

311 E 79 th St.	16 E 52 nd St.	68 E 86 th St.	1150 Fifth Ave.	300 Cadman Plaza	620 Columbus Ave.
212-996-6633	212-826-3903	212-535-1845	212-369-2490	718-280-0020	212-721-2600

48 Hour Colonoscopy Preparation Instructions:
Plenvu

Time	Instructions	
<u>1 Week Before Procedure</u>	<ul style="list-style-type: none"> Buy at local pharmacy: <ul style="list-style-type: none"> 2 Gatorade bottles 32oz each (NO red, orange, or purple colors) 4 Dulcolax tablets 5mg each for a total of 20mg 2 separate 10oz bottles of Magnesium Citrate for 20oz total Make sure you have your preparation medication (Plenvu) by this time 	
<u>1 Week Before Procedure</u>	<u>Avoid High Fiber Foods including:</u> <ul style="list-style-type: none"> Raw Fruits & Vegetables Whole Wheat Bread/ Crackers Seeds Nuts Popcorn, Bran Quinoa Corn 	<u>Begin a Low Fiber Diet such as:</u> <ul style="list-style-type: none"> White Bread & Rice Eggs White Meat (Turkey, Chicken) Fish Cheese Yogurt Milk Cooked Vegetables
<u>48 Hours (2 days) Before Procedure</u>	<ul style="list-style-type: none"> NO solid foods, only clear liquids including: <ul style="list-style-type: none"> Water Apple, White Grape, & White Cranberry juices without pulp Clear soup Broth Tea or Coffee (No milk, cream) Gatorade / Powerade (NO red, orange, or purple colors) Jell-O (NO red, orange, or purple colors) Popsicles or Sorbet (NO red, orange, or purple colors) No Alcohol 	
<u>2 Days Before Procedure at 12 Noon</u>	<ul style="list-style-type: none"> Take all 4 Dulcolax tablets with the first 32oz Gatorade bottle (NO red, orange, or purple colors) 	
<u>2 Days Before Procedure at 3pm</u>	<ul style="list-style-type: none"> Drink 1 of the 10oz bottles of Magnesium Citrate 	
<u>2 Days Before Procedure at 5pm</u>	<ul style="list-style-type: none"> Drink second 10oz bottle of Magnesium Citrate After, slowly drink the second 32oz Gatorade bottle before the end of the day 	

* Please notify our office as soon as possible if you need to cancel your procedure. You will be charged a cancellation fee of \$250.00 if the procedure is not cancelled 48hrs before your scheduled procedure time.

Instructions continued on page 2



48 Hour Colonoscopy
Preparation Instructions Continued:

Time	Instructions
<u>24 Hours Before</u>	<ul style="list-style-type: none"> • Continue: NO solid foods, only clear liquids including: <ul style="list-style-type: none"> • Water • Apple, White Grape, & White Cranberry juices without pulp • Clear soup Broth • Tea or Coffee (No milk, cream) • Gatorade / Powerade (NO red, orange, or purple colors) • Jell-O (NO red, orange, or purple colors) • Popsicles or Sorbet (NO red, orange, or purple colors) • No Alcohol
<u>Dose 1</u> Taken at 5pm night before procedure	<ul style="list-style-type: none"> • Empty Dose 1 into the mixing container that came in the package • Add 16oz of water to the container to the fill line • Mix until dissolved • Drink the mix • Refill container to fill line with just water and drink
<u>After Dose 1</u>	<ul style="list-style-type: none"> • Continue drinking clear liquids • Drink a minimum of 8 cups (64oz) of clear liquids throughout the rest of the day
<u>Dose 2</u> Taken 6 hours prior to procedure time	<ul style="list-style-type: none"> • 6 hours prior to your procedure, mix Pouch “A” & Pouch “B” into the mixing container • Fill rest of container with water • Mix until dissolved and drink
<u>After Dose 2</u>	<ul style="list-style-type: none"> • Continue drinking clear liquids up to 3 hours prior to your procedure time
<u>3 Hours before</u>	<ul style="list-style-type: none"> • Nothing to eat or drink (other than essential medications) 3 hours before procedure

<u>Important</u>	
If you are taking any of these medications please contact the office ASAP	<ul style="list-style-type: none"> • Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran (Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), and Desirudin (Iprivask, Revasc).
If you are diabetic	<ul style="list-style-type: none"> • Contact your Primary care doctor right away for instructions regarding your medications
If you are taking blood pressure medication	<ul style="list-style-type: none"> • DO NOT skip your blood pressure medication including the day before and day of your procedure
Female patients of childbearing age will be required to submit a urine sample for a pregnancy test upon arrival	

Please arrive at least 30 minutes prior to your appointment time
If you experience nausea, bloating or vomiting, try drinking the solution more slowly or cooling the solution on ice.
Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. This prep often works within 30 minutes, but it may take as long as 4-6 hours.
Someone must accompany you and take you home after the procedure. Do not drive for 8 hours after your procedure.
If you have any questions, please feel free to call your doctor’s office. Our phone numbers are listed above, and we will be happy to help you.